

My Co-Step experience this summer was at the White Earth Health Center in White Earth, MN. I went into this summer with the expectation to have my talents used in a more meaningful way than at my past internships. This expectation was met very quickly with the help of Todd Scofield the facility engineer and his staff. Here at White Earth I was put to work doing some hands on maintenance as well as the documentation that goes with being a facilities supervisor.



My first real project was within the first week and had me helping our lead mechanical guy, named Mike. I was helping him install new door latches that would electronically open. These new latches will be used along with card readers to let people in doors they aren't supposed to. It will also help with the monitoring of who is using what doors at what times when they aren't supposed to, making it a safer facility.



Left: Door latch that we replaced.

Right: Box for the controls for the new card readers.

My second project was with the facility engineer Todd Scofield. I helped him with some documentation that was sent out to obtain bids to install digital temperature controls. I learned all about digital and pneumatic controls as well as learned the process that goes with obtaining a vendor to sell and install product for a project. This project has a major impact on the facility in that it will allow the facility to save money on heating and cooling while making it easier to adjust the settings from a computer hooked up to the internet.

Lastly I helped Mike with the servicing and testing of the ventilation units. These were units that were above the ceiling and I helped to do preventative maintenance as well as check to make sure that they will be working in good shape for this coming fall. This is a yearly task that Mike does. This was a good project for me to be involved in because it took my knowledge of the ventilation system and allowed me to apply what he taught me so that I could better understand the system.

This is a photo of a VAV box that monitors and adjusts the temperature of the area in which it services.



The area is beautiful. The weather wasn't the best but far from the worst. We had many warmer, nice days than rainy days. There were many outdoors activities in the area. If golf is your thing like it is mine then you will find plenty of good

courses to play in the area. There is very good camping, and all water sports around. This state is named the land of 10,000 lakes and aptly so because just about every 10 miles or less there is a lake. I recommend making a trip up to this area for a Co-Step tour if at all possible. This was a memorable experience that I am glad that I took advantage of.



This is a group of Co-Steps near Canada seeing some sights before a Health Fair. (We attended a health fair in Grand Portage that weekend to help recruit for IHS).

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